

Muffins (from Better Baking Mix)

Makes: 12 muffins

Ingredients

2 Servings [Better Baking Mix](#)

1/2 cup sugar

1 egg

1/4 cup vegetable oil

2/3 cup water

Directions

1. Preheat oven to 400°F.
2. Grease 12-cup muffin pan.
3. Mix the Baking Mix and sugar in a bowl.
4. Beat the egg with a fork.
5. Add egg, oil, and water to dry ingredients. Stir just until all ingredients are wet.
6. Spoon into the prepared muffin pan.

Notes

Blueberry muffins: Gently stir 1 cup fresh or frozen blueberries into batter.

Apple muffins: Add 1 teaspoon cinnamon to the dry ingredients. Reduce water to 1/2 cup. At the end of mixing, gently stir in 1 cup finely chopped fresh apples.

Washington State University Extension. Visit Web site.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	140	
Total Fat	5 g	8%
Protein	3 g	
Carbohydrates	20 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	95 mg	4%

MyPlate Food Groups

Grains	1 ounce
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